

Hudson Small Fry Practice Plan

Week 1

Introduction & Basic Foot Skills 1

Coaching Focus:

- Meeting teammates, fun introduction, team interaction
- Meet with Parents and set expectations for the season.
- Dribbling with the inside of the foot
- Stopping the ball with the sole of the foot

Practice Schedule Week 1

Introductions	Meet team, pick team name, name tags, shirts, meeting with parents. Meet with Parents
Introduction Games	Fox and Farmer Chain(blob) Tag Freeze Tag Flip over the cones
Basic Foot Skills	Teach Dribbling with inside of the foot Stop ball with sole of the foot Red light Green light Coach Says Follow the leader Blob tag with ball Sharks and Minnows Frog attack Crazy Crabs

Hudson Small Fry Practice Plan

Week 2

Basic Foot Skills 2

Coaching Focus:

- Reinforce Week1 Dribbling inside of foot and stopping with sole of foot
- Keep ball close
- Soft little touches
- Add new foot skills

Practice Schedule Week 2

Warm - Up	Fox and Farmer Chain(blob) Tag Freeze Tag Flip over the cones Kick the coach
Basic Foot Skills – Reinforce Week 1	Reinforce Dribbling and Stopping ball From Week 1 Follow the leader Sharks and Minnows Frog attack Crab attack
Basic Foot Skills 2	Add New Foot Skills: Toe Taps Side to Side Red light Green light – add New skills Stop with Body Parts Blob tag with ball Crane and Crows

Hudson Small Fry Practice Plan

Week 3

Passing & Receiving

Coaching Focus:

- Pass with inside of foot
- Ankle Locked
- Plant foot next to ball
- Follow through
- Receive with side of foot

Practice Schedule Week 3

Warm - Up	Fox and Farmer Chain(blob) Tag Freeze Tag Flip over the cones Kick the coach
Basic Foot Skills – Reinforce Week 1&2	Red Light Green Light Follow the leader Sharks and Minnows Frog attack Crab attack
Passing & Receiving	Pairs passing Pass through cones Dribble and Stop Freeze tag (pass through legs)

Hudson Small Fry Practice Plan

Week 4

Passing & Receiving 2

Coaching Focus:

- Pass with inside of foot
- Ankle Locked
- Plant foot next to ball
- Follow through
- Receive with side of foot

Practice Schedule Week 4

Warm - Up	Fox and Farmer Chain(blob) Tag Freeze Tag Flip over the cones Kick the coach
Foot Skills – Reinforce	Red Light Green Light Follow the leader Sharks and Minnows Frog attack Crab attack
Passing & Receiving – Reinforce Week 3	Pairs passing Pass through cones Dribble and Stop Freeze tag (pass through legs) Keep Your Yard Clean Four Corner Game

Hudson Small Fry Practice Plan

Week 5

Shooting

Coaching Focus:

- Shoot with laces
- Ankle locked toe pointed down
- Plant foot next to ball
- Strike with laces
- Strike center of ball
- Follow through
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Practice Schedule Week 5

Warm - Up	Fox and Farmer Chain(blob) Tag Freeze Tag Flip over the cones Kick the coach
Foot Skills – Reinforce	Red Light Green Light Follow the leader Sharks and Minnows Frog attack Crab attack
Passing & Receiving – Reinforce	Pairs passing Pass through cones Dribble and Stop Freeze tag (pass through legs)
Shooting	Teach shooting Circle around coach. Players sitting in crab position. Coach drops ball and player tries to kick ball back to coach. Toe pointed down ankle locked. Build on this. Kids can stand. Then kick toward each other Balls in middle two teams race to shoot balls in net.

Hudson Small Fry Practice Plan

Week 6-8

Team Work

Coaching Focus:

Reinforce all skills learned in previous weeks

Practice Schedule Week 6-8

Warm - Up	Fox and Farmer Chain(blob) Tag Freeze Tag Flip over the cones Kick the coach
Foot Skills – Reinforce	Red Light Green Light Follow the leader Sharks and Minnows Frog attack Crab attack
Passing & Receiving – Reinforce	Pairs passing Pass through cones Dribble and Stop Freeze tag (pass through legs)
Shooting	New shooting games

Foot Skills Games

Fox and Farmer

You can use the entire field area or use cones to make it smaller depending on the number of kids.

Pick 1-4 Farmers depending on number of players. Using cones make a small square for a pen in the middle of the field. Give each fox a pinney and have them tuck it in as a tail. Let the fox's run around in side the field area. Then let the farmers in and they have to try and steal the tails from the fox's. The fox's go in the pen if they get caught.

After they get the hang of it you can add a ball. Have the fox's dribble a ball while the farmers try to take their tails.

Chain Tag (Octopus Tag, Blob)

Players run around inside of field area. Start with one person it. They have to tag someone then they join hands and continue to tag people. When the chain or Blob gets more than 3or4 people you can break them up to multiple blobs. When you add a ball the person that is it must knock the ball away from the players dribbling around the area.

Freeze Tag

Just like the traditional game. Someone is it and they tag people. If someone gets tagged they freeze. When you add a ball everyone dribbles around. If they get tagged the stand with feet apart and must hold their ball over their head. Other players can free them by pushing the ball through the persons legs.

Flip the cones

Place the flat cones all over the field. Some right side up and some upside down. Have the kids run and see how many they can flip over.

Follow the leader

Coach dribbles the ball around and have the kids follow and repeat everything you do. Be sure to stop the ball several times with the sole of the foot. Do some funny things and go all over the field.

Coach Says

Just like Simon Says. Kids do what the coach says only if you say "coach says" If they do something when you didn't say coach says the can be out or you can make them do something funny or 10 toe taps, or side to sides.

Red Light Green Light

You can do this multiple ways. The traditional way is the kids all line up on one end of the field with a ball. Coach has back to kids and calls 1.2.3 Red Light or Green light and if you catch them going on red light you move them back.

I like to do it the following way. All kids dribble freely around the field area. If you say Red Light they must stop the ball with the sole of their foot. Green light go again. If you say speed they go fast.

Things to add over time:

Toe taps

Side to side

Stopping the ball with different body parts.

Sharks and Minnows

Kids dribble freely with a ball. Pick a 2 people to be sharks. Let the kids dribble around for a little bit then release the sharks. The sharks go and kick the ball away from the minnows. Stop play and have the sharks and the minnows that go

Killer Bees

The kids dribble in an area (tell them they are bees and to buzz), then after awhile, have the coaches (or a few parents) walk around inside the area. It is the job of the "bees" to "sting" the big people with the ball (a pass or kick). They need to keep looking for a target and hitting it. They can only hit you in the shin below the knee. This is also called kick the coach, but I thought this was more fun with the buzzing.

Munchkin Knock-Out

Players must shield their ball from other players. While protecting their ball, players try to kick any loose balls out of the area. Once their ball gets kicked out of the area they are out of the game. Any one dribbling out of the grid on their own is also out.

Crazy Crabs

Crabs must sit on the ground, and move around on their hands and feet, stomach up. Players try to dribble across the area without losing their ball to the crabs. Once a player's ball is stolen, that player becomes a crab also.

Frog Attack

Same as Crazy crabs, but instead the players in the field trying to steal the ball from the other players stand upright and hop like frogs

The Crows and the Cranes

Each player dribbles in the grid. When coach shouts “crows”, then crows try to score while the cranes leave their balls and defend their goal. Use the center circle and the goals at the end of the field for this game.

Relay Dribble

Teams of three or four. Players dribble in and out of cones which are spaced three yards apart from one another. Each team races against the other teams.

Team Steal

Divide group into three equal teams. Two teams dribble across the grid from opposite sides trying to reach the other side. One team plays defense in the middle and steals as many balls as possible. Alternate team is on defense.

Dribble Run and Shoot

Put all the balls in the middle of the field. Divide team into two. Have each team line up on their respective goal lines with backs to the balls. On the whistle the run and take a ball and shoot and in their own goal. Try to get them to use their laces to shoot not the toe!

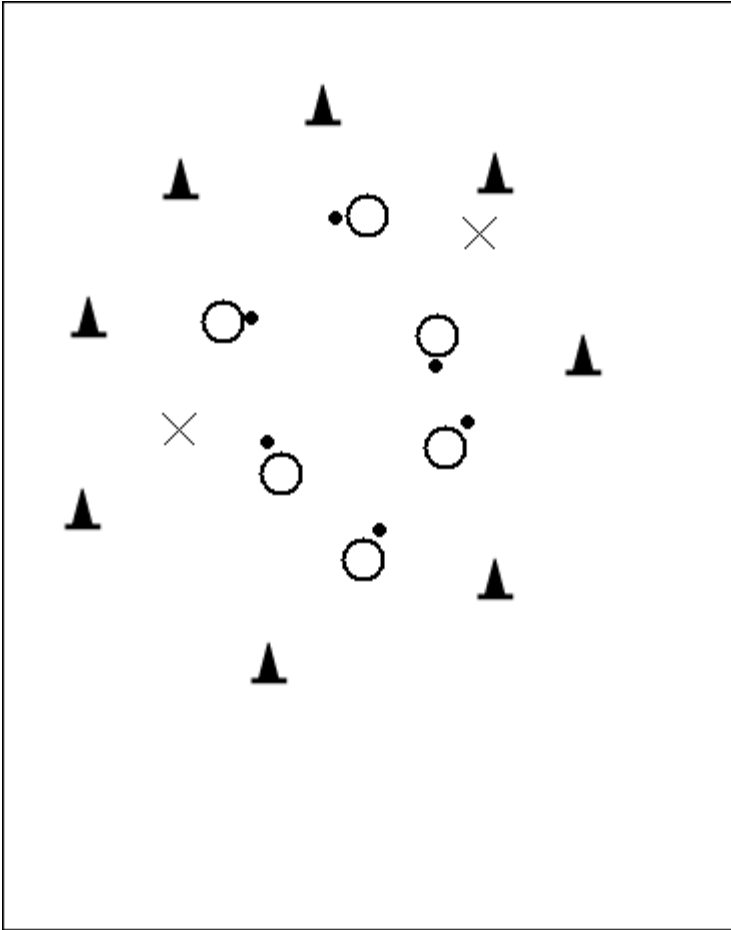
Kick the Coach

Players dribble around the field area and try to kick the coach or coaches in the shins with the ball below the knee. This reinforces ball control and shooting/passing accuracy. They need to keep the ball close to them and the need to get up close to you in order to hit you.

Four Corner Game

Make for boxes out of cones in each corner of your field. Put all the balls in the middle of the field. Split the team up into four teams with a coach/parent in each square. To start I let them use their hands. On go have each coach/parent release one player which will run and grab a ball and bring to them in the square. Then the let another player go. Do this til all balls are gone. As you progress you can let all players go at once then let them steal it from other teams. Then you can have them use only their feet.

Killer Whale



KILLER WHALE- Dribbling and shielding

Setup- create a large circle with cones. Have 4-14 players inside the circle dribbling with a soccer ball. Two defensive players wearing pinnies are the "Killer Whales"

The object of the game is for one or two "killer whales" to kick as many soccer balls outside of the circle as he can. Each ball that goes out is worth a point.

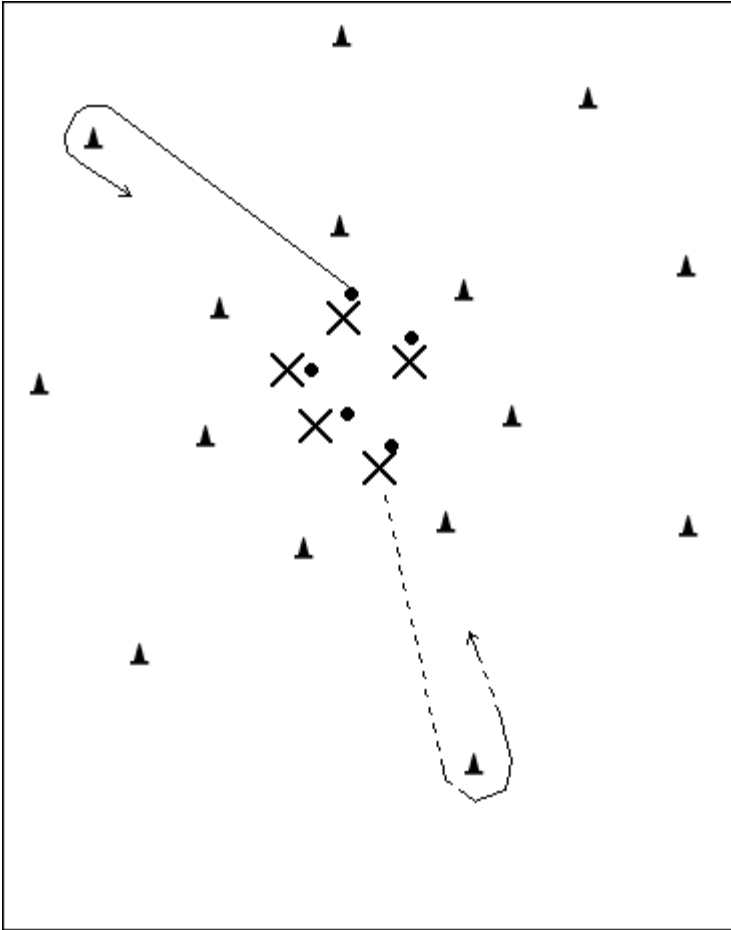
The O's with a soccer ball try to shield the ball from the killer whale(X's). If his or her ball gets kicked out, they retrieve the ball and and continue dribbling in circle.

The "killer whales" can usually can go for 30 to 60 seconds and keep track of their score. Make sure everyone has a chance to be killer whale. The player who kicks out the most balls wins.

Use stop watch.

You can use one or two killer whales

EXPLODE



EXPLODE- dribbling

Setup- make two large circles with flat cones. The outside circle should be 15-20 yards from the inner circle.

The Game- Players dribble inside the small circle of cones. On the coaches whistle, players explode to the outside and dribble their ball around an outside cone. First player back to inner circle wins.

When players come back, keep dribbling.. coach blows whistle again or make last player back do 10 "ball taps" with the bottom of his cleat.

Coaching Points- when exploding, body low, use the shoe lace part of cleat to take off.

Snake Dribbling.

The purpose of this activity is to improve the dribbling skills of young players aged 6-10.

The game is played in a grid that varies depending on the needs of the players. Make the grid smaller to make it more difficult for the players. Make it larger if the players are finding it difficult to achieve success. The coach must experiment with the size and find what works best for his or her team.

Divide players into groups of three or four. Have them stand in line, forming a "snake." The middle player starts with the ball.

The middle player (Player B) must try to follow the first person, or "head" of the snake (Player A) while dribbling. The third player (Player C) follows the second player and so on. From front-to-back, the players should be arranged as follows:

Player A (head of snake), Player B (Dribbles ball), Player C (follows dribbler)

On command, the middle player becomes the new head of the snake, while the old head of the snake goes to the end of the line and player C now has ball in middle. Now the players will be arranged as follows:

Player B (head of snake), Player C (Dribbles ball), Player A (follows dribbler)

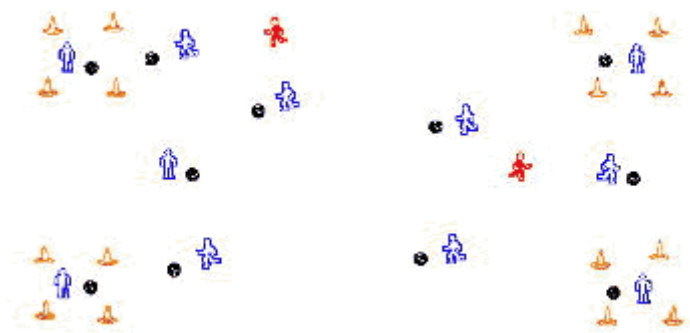
Play continues as long as players are benefiting from the activity. It is best to use this activity as a warm up. No score is kept as players are concentrating solely on their technique.

Coaching points:

1. Head of snake should move at different speeds, including stopping.
2. Encourage moving in many different directions.
3. Middle player must keep eyes up to see the head of the snake.
4. Encourage use of many different surfaces of feet in contact with ball.

Category: Dribbling
Type: Game

RUNNING BASES



The Game

- Players try to dribble their ball without being tagged. If they get tagged, they exchange places with the "tagger"

- Have taggers carry a pinnie to distinguish themselves. Hand pinnies over to the player that is tagged and use their ball to dribble.
- Players are save in any one of the 4 bases. Only one player allowed in a base at one time. If a new players enters a base, the old player must leave.

Variations

For younger players:

- Only one tagger
- Fewer bases
- Only one player in a base at a time

For older players:

- More bases and taggers.
- 2 players allowed in each base.
- Play with fewer balls: can only be tagged if you have the ball. or, if you don't have a ball (balls must be passed).